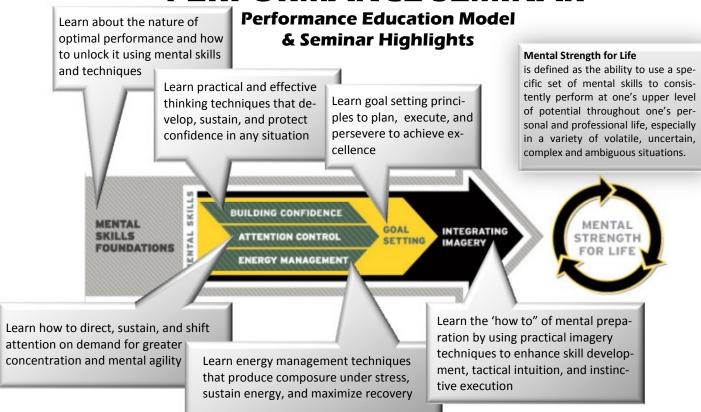




PERFORMANCE SEMINAR



The Comprehensive Soldier & Family Fitness (CSF2) Performance Seminar uses state of the art technology to help individuals develop mind-body awareness, acquire personalized mental tools and learn to apply these techniques to their lives. Individuals develop a foundation in mental and emotional skills based on applied performance psychology techniques which include goal setting, confidence building, energy management, attention control, and imagery. Just as physical training strengthens the body, mental training strengthens the mind and enhances human performance. Call (253) 968-7642 to reserve your seat in the next quarterly Performance Seminar.

Contact Us

POC: William (Bill) J. Howard III Phone: (253)968-7642 E-mail: usarmy.jblm.imcomhq.mbx.csf2tc-jblm@mail.mil Website: http://csf2.army.mil Location: MTC, Building 1240,

Albanese Hall

MAIN GATE

- Take I-5 Exit I 20, JBLM Main Gate Travel forward onto 41st Division.
- 2. Turn **Right** onto Pendleton. Go about I mile.
- 3. After French Theater turn **Left** onto 9th Division.
- After 3rd stop sign, staying on right side of Y, continuing forward to the end of 9th Division.
- 5. Follow curve at end of road to the **Right.**
- MTC, Albanese Hall Building 1240 is just past radio tower on your Left.

Directions

DUPONT GATE

- I. Take I-5 Exit I 19, Dupont Gate.
- Once through the gate take 2nd **Right** at Kaufman Avenue.
- 3. Follow the I-5 signs to Railroad Avenue.
- 4. Turn Left onto Railroad Avenue.
- 5. MTC, Albanese Hall, Bldg. 1240 is the first building on Right.